



# Your Lysulin 90-Day Challenge Daily Tracker

Congratulations on joining the Lysulin 90-Day Challenge! We designed this Daily Tracker to help you reach your A1c goals and discover a healthy new you! Here's how it works:

- Insert a check mark ✓ each day that you take your Lysulin supplements
- Insert a plus sign + each day that you do 1 of the following “good for you” actions
  - Eat 1 healthy meal
  - Drink 32 ounces of water
  - Exercise for at least 15 minutes

The GOAL is to record a check mark and a plus sign for each day on the calendar below. This will really help you stay on track during your 90 day healthy A1c journey!

What's Your Current A1c? \_\_\_\_\_ Date: \_\_\_\_\_ What's Your Ending A1c? \_\_\_\_\_ Date: \_\_\_\_\_

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 21	Day 22
Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29
Day 30	Day 31	Day 32	Day 33	Day 34	Day 35	Day 36
Day 37	Day 38	Day 39	Day 40	Day 41	Day 42	Day 43
Day 44	Day 45	Day 46	Day 47	Day 48	Day 49	Day 50
Day 51	Day 52	Day 53	Day 54	Day 55	Day 56	Day 57
Day 58	Day 59	Day 60	Day 61	Day 62	Day 63	Day 64
Day 65	Day 66	Day 67	Day 68	Day 69	Day 71	Day 72
Day 73	Day 74	Day 75	Day 76	Day 77	Day 78	Day 79
Day 81	Day 82	Day 83	Day 84	Day 85	Day 86	Day 87
Day 88	Day 89	Day 90				

Once you complete your 90 days, test your A1c and record it above. Then go to [Lysulin Challenge Contest](#) and submit your Final Results form to be entered to win \$100 and 3 months of FREE Lysulin product!

## Healthy Tips to Help You on Your 90-Day Journey!

Eating the right foods is essential to getting to a healthier A1c number. Try to eat:

MORE of These Types of Foods	LESS Of These Types of Foods
<ul style="list-style-type: none"><li>• fruits (apples, oranges, berries, melons, pears, peaches)</li><li>• vegetables (like broccoli, cauliflower, spinach, cucumbers, zucchini)</li><li>• whole grains (quinoa, oats, brown rice)</li><li>• legumes (beans, lentils, chickpeas)</li><li>• nuts (almonds, walnuts, pistachios, macadamia nuts, cashews)</li><li>• seeds (chia seeds, pumpkin seeds, flax seeds, hemp seeds)</li><li>• protein-rich foods (skinless poultry, seafood, lean cuts of red meat, tofu)</li><li>• heart-healthy fats (olive oil, avocados, canola oil, sesame oil)</li><li>• beverages (water, black coffee, unsweetened tea, vegetable juice)</li></ul>	<ul style="list-style-type: none"><li>• high fat meat (fatty cuts of pork, beef, and lamb, poultry skin, dark meat chicken)</li><li>• full-fat dairy (whole milk, butter, cheese, sour cream)</li><li>• sweets (candy, cookies, baked goods, ice cream, desserts)</li><li>• sugar-sweetened beverages (juice, soda, sweet tea, sports drinks)</li><li>• sweeteners (table sugar, brown sugar, honey, maple syrup, molasses)</li><li>• processed foods (chips, microwave popcorn, processed meat, convenience meals)</li><li>• trans fats (vegetable shortening, fried foods, dairy-free coffee creamers, partially hydrogenated oil)</li></ul>

### The Right Proportions Can Make All the Difference

Simplify your mealtime calculations by dividing your plate into 4 quarters and follow these guidelines:

- Half of what's on the plate = or two quarters - should be low carb vegetables. There are many to choose from, including broccoli, cauliflower, carrots, peppers, mushrooms, cucumber, and anything leafy, like lettuce, cabbage, spinach, etc.
- The next quarter of the plate should be lean proteins, which include fish, chicken, eggs, shellfish, cheese, tofu, and lean cuts of pork or beef.
- The last quarter of the plate goes to carbs, including grains like rice and whole grain bread, as well as fruit and starchy vegetables like potatoes.

### Easy Ways to Be More Physically Active

No time for a workout? Here are a few ways that you can sneak exercise into your daily schedule:

- **Really run errands:** Walk a bit faster or further in the parking lot when you stop at the store.
- **Make the most of play time:** Shoot some hoops with your kids. Toss a ball. Play tag or hide and seek. Anything that gets the body moving!
- **Clean energetically:** The next time you're cleaning your house - whether wiping down counters, dusting or vacuuming - put a little elbow grease into it.
- **Watching TV:** Throw in some simple move breaks while watching your favorite show - walking in place, doing leg lifts or punching the air - every little bit counts.